

SWEET POTATOES



IN SEASON

July - December

HOW TO SELECT

Choose sweet potatoes with smooth, firm skin. Avoid cut, wrinkled or bruised potatoes.

HOW TO STORE

Store potatoes in perforated plastic bag in a cool, dark place. Do not store with onions, they may cause onions to spoil quickly.

HELPFUL TIP

Do not peel potatoes. Eat the potatoes & skin for added fiber, vitamins & minerals.

LIME ROASTED SWEET POTATOES

SWEET POTATOES



Nutrition Facts

Serving size: 1/4th recipe (218g)
Servings Per Recipe 4

100%
certified

Amount Per Serving

Calories 219 Calories from Fat 35

% Daily Value

Total Fat 4g 6%

Saturated Fat 1g 4%

Trans Fats 0g

Cholesterol 0mg 0%

Sodium 103mg 4%

Total Carbohydrate 45g 15%

Dietary Fiber 6g 25%

Sugars 15g

Protein 3g

Vitamin A 490% Vitamin C 20%

Calcium 8% Iron 8%

30 MIN | SERVES 4

INGREDIENTS:

- Non-stick cooking spray
- 1 1/2 lbs **SWEET POTATOES**
- 1 tsp chili powder
- 2 tsp pepper
- 1 lime, juiced
- 1 1/2 Tbsp honey
- 1 Tbsp olive oil
- 1 small yellow onion, diced
- 2 jalapeños, diced
- 1/4 cup fresh chopped cilantro

PREPARATION:

1. Preheat oven to 425°F. Cover a large baking sheet with foil & lightly coat with cooking spray. Spread potatoes evenly on sheet & mist with cooking spray. Sprinkle with chili powder & pepper. Toss to coat. Bake 10 minutes.
2. Meanwhile, in a small bowl mix lime juice, honey & oil. Add onion, jalapeños & cilantro. Mix well.
3. Remove potatoes from oven, drizzle with honey mixture & toss to coat. Bake another 10 minutes or until potatoes are tender.